



Illuminate Your Inner Light

Your CORE VALUES

Take a deep breath. Meditate for a moment or two before you begin. Don't think too hard or worry about getting it right. Let your inner self guide you.

Start by circling 20-25 words that speak to you.

Go back and cross off 5 at a time until you have narrowed down your list to 5 core values.

Journal or sit with them. Know that you always have the ability to grow and shift. Your core values may change over time.

Finding Your Truth

Acceptance
Accomplishment
Accountability
Accuracy
Achievement
Adaptability
Alertness
Altruism
Ambition
Amusement
Assertiveness
Attentive
Awareness
Balance

Beauty
Boldness
Bravery
Brilliance
Calm
Candor
Capable
Careful
Certainty
Challenge
Charity
Cleanliness
Clear
Clever

Comfort
Commitment
Common sense
Communication
Community
Compassion
Competence
Concentration
Confidence
Connection
Consciousness
Consistency
Contentment
Contribution

Control	Feelings	Intuitive
Conviction	Ferocious	Irreverent
Cooperation	Fidelity	Joy
Courage	Focus	Justice
Courtesy	Foresight	Kindness
Creation	Fortitude	Knowledge
Creativity	Freedom	Lawful
Credibility	Friendship	Leadership
Curiosity	Fun	Learning
Decisive	Generosity	Liberty
Decisiveness	Genius	Logic
Dedication	Giving	Love
Dependability	Goodness	Loyalty
Determination	Grace	Mastery
Devotion	Gratitude	Maturity
Dignity	Greatness	Meaning
Discipline	Growth	Moderation
Discovery	Happiness	Motivation
Drive	Hard work	Openness
Effectiveness	Harmony	Optimism
Efficiency	Health	Order
Empathy	Honesty	Organization
Empower	Honor	Originality
Endurance	Hope	Passion
Enjoyment	Humility	Patience
Enthusiasm	Imagination	Peace
Equality	Improvement	Persistence
Ethical	Independence	Playfulness
Excellence	Individuality	Poise
Experience	Innovation	Power
Exploration	Inquisitive	Present
Expressive	Insightful	Productivity
Fairness	Inspiring	Professionalism
Family	Integrity	Prosperity
Famous	Intelligence	Purpose
Fearless	Intensity	Quality

Realistic	Sincerity	Tolerance
Reason	Skill	Toughness
Recognition	Skillfulness	Traditional
Recreation	Smart	Tranquility
Reflective	Solitude	Transparency
Respect	Spirit	Trust
Responsibility	Spirituality	Trustworthy
Restraint	Spontaneous	Truth
Results-oriented	Stability	Understanding
Reverence	Status	Uniqueness
Rigor	Stewardship	Unity
Risk	Strength	Valor
Satisfaction	Structure	Victory
Security	Success	Vigor
Self-reliance	Support	Vision
Selfless	Surprise	Vitality
Sensitivity	Sustainability	Wealth
Serenity	Talent	Welcoming
Service	Teamwork	Winning
Sharing	Temperance	Wisdom
Significance	Thankful	Wonder
Silence	Thoughtful	
Simplicity	Timeliness	

WHAT ARE YOUR CORE VALUES?